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## Technical

Deputy Center Director, Robert Lightfoot has conducted over 17 Transition Road Shows to MSFC organizations since this summer. The purpose of the Transition Road Shows is to increase employee awareness and provide a forum to discuss Transition related topics at MSFC.

# I

## Informational

Our **capability** to make a change is a combination of our **ability** and our **willingness**. We must have the ability to do the new work and be willing to take it on before we are **capable** of changing. Our greatest need during times of change is for control. Being fully capable of making the change gives us the greatest control over our future. Enhancing our skill sets and increasing our willingness will increase our control, lower our anxiety and help us embrace Transition.

# P

## Personal

**Expectations/Self-Fulfilling Prophecy** - What a person believes will happen or expects to happen sometimes influences their behavior in a way that makes that outcome more likely to happen. Negative expectations increase anxiety and stress. Identifying goals for change and facing such challenges with optimism and a positive attitude will facilitate optimal coping and management.

